



Quick Breakfast Tacos

½ cup liquid egg substitute (regular or flavored) or 2 whole eggs, or 1 whole egg and 2 egg whites

2 corn tortillas (heat on griddle or in microwave if you like)

1 – 2 Tablespoons salsa

2 Tablespoons reduced fat cheese (cheddar, mozzarella, etc.)

Salt and pepper to taste

- Coat a small nonstick skillet with cooking spray and heat over medium heat.
- Add egg substitute and cook stirring, until cooked through.
- Top tortillas with salsa and cheese.
- Divide the scrambled egg between the tortillas.
- Options: Add fresh or frozen vegetables like chopped broccoli or spinach.

Recipe adapted from *Eating Well for a Healthy Heart* Cookbook.

Nutritional Information (per taco):

Calories: 76

Fat: 1g

Saturated fat: .5g

Carbohydrate: 7g

Fiber: 1g

Protein: 8g